# 109學年度國立基隆高級中學

## 學生自主學習成果紀錄表

110 年 07月 28日

| 申請學生資料 | 姓名 | 班號 | 編號(由學校填寫) |
|---|---|---|---|
| | 王子昂 | 班　　號 | 20801 |
| 自主學習地點 | □實驗教室 □圖書館 □專科教室 ■電腦教室<br>□多功能資源室 □烹飪教室□其他 | | |
| 自主學習主題 | How to sleep better? | | |
| 自訂學習目標 | 用英文做出關於「睡眠」的研究成果的簡報。 | | |
| 自主學習成果說明 | 我們利用英文做出我們自主學習主題的簡報,並於英文課發表給全班同學聽。 | | |
| 自主學習圖片及說明 | 圖片一 |  | |
| | 說明: 利用學校的電腦查詢資料 | | |

| 主學習圖片及說明 | 圖片二 |  |
| | 說明：和同組成員共同討論簡報內容 | |
| | 圖片三 |  |
| | 說明：和小組成員在圖書館查找資料 | |
| 主學習 | | |

| 主學習<br>圖片及<br>說明 | 圖片四 |  |
|---|---|---|
| | 說明: 上課時對全班同學報告 | |
| | 圖片五 |  |
| | 說明: 上課時對全班同學報告 | |

| | |
|---|---|
| 自主學習<br><br>學習目標<br><br>達成情形 | 已完成自主學習目標，在英文課上課時，跟全班同學分享我們得學習成果，獲得大家的好評。 |
| 自主學習<br><br>歷程省思 | 是我們第一次自己嘗試著用全英文來完成一份簡報，在尋找參考資料的過程中，也有遇到單字不會的困難，就要再花時間停下來查。但在成品出來後我們都覺得很值得，因為可以順便增加自己的單字量跟文法。<br>如果有機會的話，我們還希望可以再繼續用英文一起製作一份簡報，那個完成的成就感是中文比不上的。 |
| 學生自評 | □優 ■良 □中 □可 □差 |
| 指導老師建議 | ■優良 □尚可 □待努力 |
| 指導老師評語 | 三人選定主題後，一起討論，並製作英文簡報對全班同學發表，不只訓練英文表達能力，也訓練的穩健的台風與敢面對別人的勇氣。<br><br><br><br><br><br><br>指導老師簽章＿＿＿連耿義＿＿ |
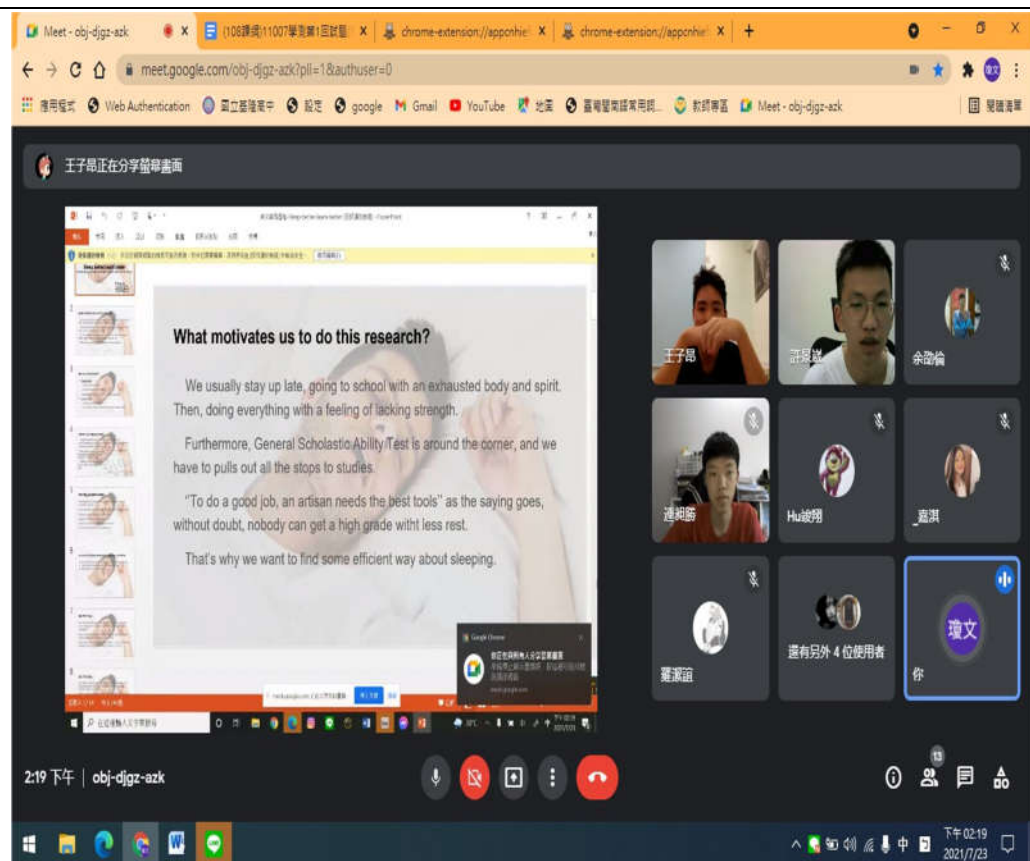
# 國立基隆高級中學109學年度第2學期彈性學習時間
## 自主學習晤談及指導紀錄表

| 指導學生資料 | 班級:208　　　座號:1　　學號:811085　　　姓名:王子昂 | | |
|---|---|---|---|
| 自主學習主題 | Sleep better,learn better | | |
| 自主學習實施地點 | □教室　　■圖書館　　□數位學習中心　　□電腦教室　　□生活科技教室 | | |
| 自主學習動機與內容 | 學習專業睡眠技巧來增進學習能力，順便學習英文。 | | |

| 序號 | 日期/節次 | 諮詢及指導內容摘要紀錄 | 指導教師簽名 |
|---|---|---|---|
| 1 | 03/02 | 資料查詢 | 教師兼代圖書館主任 連耿義 |
| 2 | 03/16 | 資料查詢 | 教師兼代圖書館主任 連耿義 |
| 3 | 03/30 | 圖表製作 | 教師兼代圖書館主任 連耿義 |
| 4 | 04/20 | 製作ppt | 教師兼代圖書館主任 連耿義 |
| 5 | 05/04 | 製作ppt | 教師兼代圖書館主任 連耿義 |
| 6 | 05/18 | 製作ppt | 教師兼代圖書館主任 連耿義 |
| 7 | 06/01 | 口頭報告練習 | 教師兼代圖書館主任 連耿義 |
| 8 | 06/15 | 口頭報告練習 | 教師兼代圖書館主任 連耿義 |
| 9 | 06/29 | 口頭報告 | 教師兼代圖書館主任 連耿義 |
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|  |  |  |  |

圖書館核章

# Sleep better,learn better

**National Keelung Senior High School English academic portfolio and self-learning**

**Produce by**
*20801王子昂(Alvin)*
*20803連昶勝(Charlie)*
*20804許景崴(Jimmy)*

## What motivation contributes us to do this research?

We usually stay up late, going to school with a exhausted body and spirit. Then, doing every with a feel of lacking strength.

Further more, General Scholastic Ability Test is around the corner, we have to pulls all the stops to study work.

''To do a good job, an artisan needs the best tools'' as the saying goes, with no doubt, nobody can get a high grade without less rest.

That's why we want to find some efficient way about sleeping.

**Why you need to sleep?**

- Enough sleep:

  Make you mood positively.

  Your concentration will be promoted.

  Strong and wake your brain for remembering and learning.

- Lake of sleep:

  You will piss off small stuff easily.

  Can't even listen a word is said by teacher in class.

**Realize how sleeping operate :**

Sleep takes 90 minutes as acircle. Involving rapid-eye-movement(REM) and slowwave sleep(SWS). These two modes will alternate at the night during your sleeping.

In sum of, we call 90 minutes a cycle time for sleeping.

In general, we have to sleep 4 or 5 cycle a night.

To make we get sufficient sleeping time that can offer us the energy we need.

A TYPICAL NIGHT'S SLEEP

CYCLE 1 2 3 4 5

STAGES

AWAKE

REM

LIGHT SLEEP

DEEP SLEEP

MORE DEEP    MORE REM

3

**How long you need to sleep?**

In the begining, we can try that if sleep 90 minutes as a cycle is suitable for us or not.

If it not,you can try the way in following to find out your own sleeping cycle.

1.Record your time of going bed and waking up.

2.Subtract these two times, then divide by 3 or 4 .

3.Afterall, you will get a number between 70 and 110.

4.The number you get will be your sleeping cycle.

**To confirm that the manner about sleeping is effective :**

- Set clocks to ensure that we will get up in morning regularly.
- Describe the whole day feeling about the different with before.
- Keep doing and recording a week.

**2021/7/11 Sun.**

Alvin: Because of the quarantine, I was always in a bad mood and couldn't sleep well, so at day 1 of this experiment, I stayed up all night.(failed)

Jimmy: I slept over my alarm, so I didn't feel any obvious changes of my body.(sleep time:11:00 wake up time:12:00)

Charlie: I did the experiment pretty accurate, so I feel a little bit more energetic than before.(sleep time:00:00 wake up time:7:30)

**2021/7/12 Mon.**

Alvin: Today I feel very tired, because I didn't slept yesterday, so I decided to slept a lot and start the experiment tomorrow.(sleep time:11:30 wake up time:1:00)

Jimmy: Last night I follow Charlie's method to sleep, it turns out pretty great, but I still a little bit tired through out the day.(sleep time:00:00 wake up time:7:30

Charlie: I started feel comfortable today, this experiment is not even a challenge for me.(sleep time:00:00 wake up time:7:30)

**2021/7/13 Tue.**

Alvin: Today I went to bed directly at 00:00 and wake up at 7:30,Although I feel pretty tired at morning, but I feel just fine the rest of the day.(sleep time:00:00 wake up time:7:30)

Jimmy: I feel pretty good through out the day, and I slowly get used to this method of sleep.(sleep time:00:00 wake up time:7:30)

Charlie: I feel more productive then usual(sleep time:00:00 wake up time:7:30)

**2021/7/14 Wed.**

Alvin: I started take away smartphone to improve the quality of my sleep, hope it has some great impact on it.(sleep time:11:30 wake up time:7:30)

Jimmy: Because I got some homeworks to do, so I slept a little bit late, but I feel nothing about it.(sleep time:1:00 wake up time:9:30)

Charlie: This experiment has became a normal routine for me, and I really love it!(sleep time:00:00 wake up time:7:30)

**2021/7/15 Thu.**

Alvin: I started feel less tired, so I would like to continue this method of sleeping.(sleep time:11:30 wake up time:7:00)

Jimmy: Today I study a lot, and usually I will feel super tired, but I feel pretty focus, thanks to the experiment.(sleep time:00:00 wake up:7:45)

Charlie: I getting more productive every day, the experiment not only made my study better, but also made me had more body strength to do more work out.(sleep time:00:00 wake up:7:30)
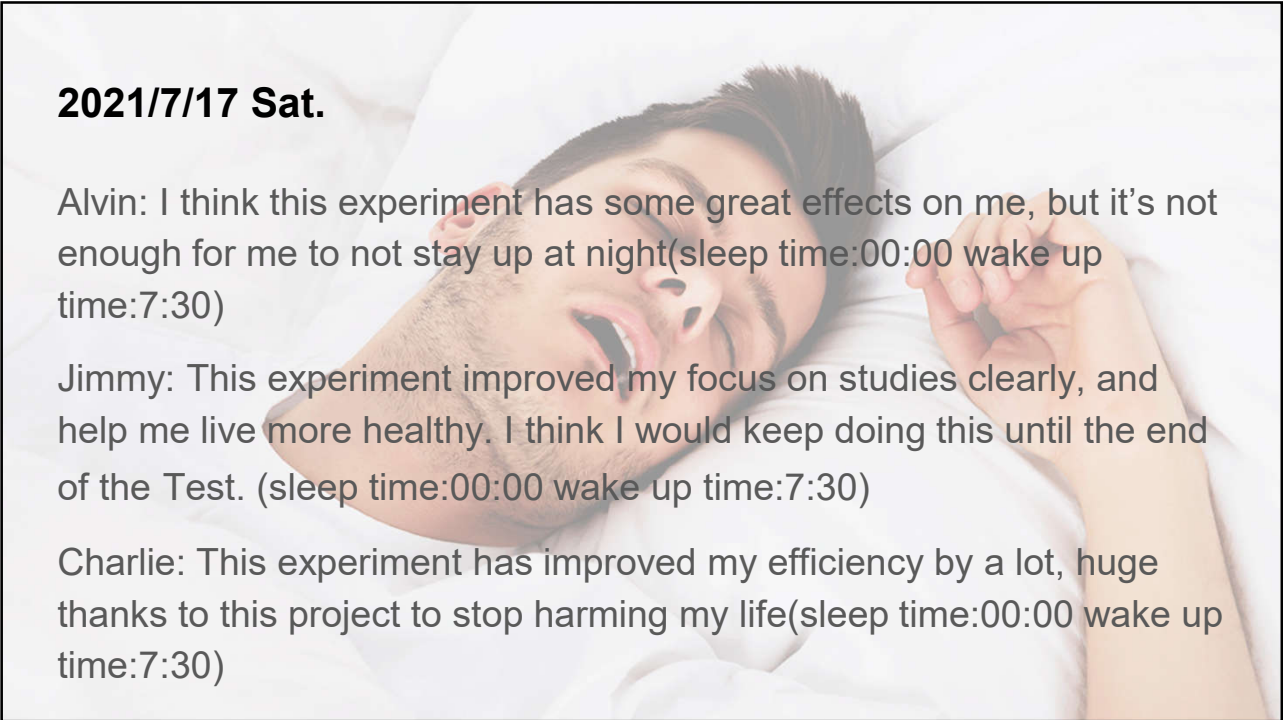
**2021/7/16 Fri.**

Alvin: Today I seriously feel more energetic than five days ago, and I was in a good mood all day long.(sleep time:00:00 wake up:7:30)

Jimmy: I start fall in love with this experiment, it really help me a lot.(sleep time:00:00 wake up time:7:30)

Charlie: I love this experiment!!(sleep time:00:00 wake up time:7:30)

**2021/7/17 Sat.**

Alvin: I think this experiment has some great effects on me, but it's not enough for me to not stay up at night(sleep time:00:00 wake up time:7:30)

Jimmy: This experiment improved my focus on studies clearly, and help me live more healthy. I think I would keep doing this until the end of the Test. (sleep time:00:00 wake up time:7:30)

Charlie: This experiment has improved my efficiency by a lot, huge thanks to this project to stop harming my life(sleep time:00:00 wake up time:7:30)

# It is the end. Thanks for your watching.